



# CONFIDENCE Make-Over

## REBOUND & RECOVER

Critical C's of Confidence

1. Communication
2. Commitment
3. Competence
4. Contribution
5. Control
6. Courage

What to expect when you are no longer expected

Start with what's good... your knowledge, skills, abilities, identity, self worth...

## CONFIDENCE MAKE-OVER REBOUND & RECOVER

*"Uplifting, useful and filled with compassion" ..... "This workshop was so helpful to get me motivated, and to realize so many others feel the same way I do."*

This free, 5 hour session is a personal workbook, with exercises and examples from real life situations. Everyone struggles, but if you are willing to build a plan from what you will learn in this class, you WILL gain confidence!

This class will provide practical techniques to build your confidence.

**Register for this FREE Workshop at the AJC East Office nearest you or online at [cthires.com](http://cthires.com)!**



**NEW LOCATION Danielson • 562 Westcott Road • 860-774-4077**  
**Willimantic • Tyler Square, 1320 Main Street • 860-450-7603**  
**Norwich • 113 Salem Turnpike, North Bldg. • 860-859-5777**  
**New London • Shaw's Cove Six • 860-439-7670 option 6**

To learn more about the wide range of workshops available, visit [EWIB.org/workshops#links](http://EWIB.org/workshops#links), [CTHires.com](http://CTHires.com) or [JobCenterCT.com](http://JobCenterCT.com).

Not all workshops are available every month or in every location. Check the monthly calendar for availability.

Some workshops require a minimum number of participants to avoid cancellation.

Many of these workshops are funded in whole, or in part, by the Eastern CT Workforce Investment Board (EWIB) through a variety of state and federal funding sources. This program is an equal opportunity employer program; auxiliary aids and services are available upon request to individuals with disabilities.



Rev. 12/2017